

# Get Acquainted and Team Building Exercises

June 2016

## Your Spiritual Health

There are 11 essential vitamins and minerals. And we all need our vitamins and minerals! They are the most essential nutrients the body needs! For fun, have a basket filled with ...

- ☆ Sweet potatoes
- ☆ Carrots
- ☆ Bananas
- ☆ Beans
- ☆ Oranges
- ☆ Kiwi
- ☆ Mushrooms
- ☆ Sunflower seeds
- ☆ Kale
- ☆ Corn
- ☆ Cheese
- ☆ Pumpkin seeds
- ☆ Dark chocolate
- ☆ Something whole grain



Ask your ladies to decide which **vitamin** or **mineral** each represents! After all, we need a little of each of these daily.

**VITAMIN**  
A ZINC K D CALCIUM CHROMIUM C IRON  
FOLIC ACID B



Our spiritual lives need **vitamins** and **minerals** daily also! Have another small basket with slips of paper listing these below. Ask them to relate how each is good for the body, but also good for the soul. See if they can relate scripture to the **vitamins** and **minerals**. Have fun! **And no fair taking chewable tablets!**

- ◇ **Vitamin A** – healthy eyes, teeth
- ◇ **Vitamin B** – energy production, immune function
- ◇ **Vitamin C** – strengthens blood vessels
- ◇ **Vitamin D** – strong bones
- ◇ **Vitamin E** – blood circulation
- ◇ **Vitamin K** – helps makes blood clot



- ◇ **Folic Acid** – cell renewal
- ◇ **Calcium** – more healthy teeth and bones
- ◇ **Iron** – builds muscles
- ◇ **Zinc** - immunity
- ◇ **Chromium** – makes sure every cell in your body gets energy when needed

